The Metro movement

Numbers soaring — turn to pg. 3

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ISTOCK

Cheese wheel injures girl

WHISTLER FESTIVAL

Lawsuit alleges 3-year-old's leg was broken

A cheese-rolling competition in Whistler went from fun to frightening when a runaway wheel of cheddar crashed into a three-year-old girl and broke her leg, a lawsuit alleges.

The notice of civil claim says Juli Nonaka was watching the Canadian Cheese Rolling Festival on Blackcomb Mountain in August when the five-kilogram wheel came flying down the hill and stretched a safety net, colliding with her.

Toshihiro Nonaka filed the lawsuit in British Columbia Supreme Court on his daughter's behalf. He said in an interview that he wasn't with his daughter at the festival, but his wife was.

"The cheese was very fast and it came down to my daughter," Nonaka said Wednesday. "She just watched beside the net and it hit my daughter's left leg."

He said the girl was knocked backwards down the hill, tumbling about two or three metres before someone caught her. Her left leg was broken, he said.

"She was crying," he said, adding it was "very, very painful" for her.

The allegations contained in the lawsuit have not been proven in court and no statements of defence have been filed.

The defendants are named as: Vail Resorts, the U.S. owner of Whistler Blackcomb; Dairy Farmers of Canada, the hosts of the festival and Smak Media and Promotions, the event promoters.

Dairy Farmers of Canada and Smak declined comment. Vail Resorts said it didn't own Whistler Blackcomb in August and shouldn't be named in the suit. It referred questions to Whistler Blackcomb public relations, which didn't immediately respond to a request for comment.

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metro NEWS

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Azalea the smoking chimp is the new star in a North Korea zoo. **World**

Abdennaceur Hajji hands out Metro at the City Centre Canada Line Station in downtown Vancouver on Wednesday. Abdennaceur has handed out Metro to commuters since 2011. JENNIFER GAUTHIER/METRO

Metro takes top spot in the city

MEDIA

We're the most read free daily, with 294,000 readers

Metro is the No. 1 free daily in Vancouver, according to the latest quarterly readership survey from Vividata, and has the third-highest readership overall.

In Vancouver, Metro has 294,000 readers, surpassing 24H, which has 283,000 readers. The Vancouver Sun has 353,000 readers while The Province has 308,000 readers.

"The plan for Metro is to continue to be a local voice," said Sandy MacLeod, chief operating officer for print for the Star Media Group.

"Local people, local faces, local events. To be real to the city that we're in."

Across the country, Metro has 1.68 million daily print readers. It is the No. 3 most-read print paper in Vancouver, Calgary and Edmonton; the No. 2 paper in Ottawa, Winnipeg and Toronto and is now the No. 1 paper in Halifax.

Cathrin Bradbury, Metro's vice-president and editor-in-chief, said Metro is well placed to be the voice of Canada's urban centres.

"Metro is in the right place at the right time: we're young, we're local, we're people-driven, we're optimistic," she said. "We're a paper that tackles issues that people in cities care about, and looks for solutions."

Metro Vancouver's managing editor Jeff Hodson said he's pleased but not surprised by the results.

"It's a testament to our team of reporters unearthing local stories that matter to our readers and impact their lives, like our Code Red series on affordability for younger generations," he said. "We're focusing on issues affecting ordinary millennials, commuters, and working families in Vancouver.

"Going forward, we're going to continue to focus on telling stories that aren't being told — and hopefully help build community and make our cities better places to live."

Metro thanks our readers for reading, sharing and commenting on our stories and helping us explore the issues that matter to you. Please help us to become even better by telling us what you think at vancouver@metronews.ca.

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Smaller portions are actually more satisfying because happiness from food peaks after the first few bites, says UBC marketing professor Yan Cornil. JENNIFER GAUTHIER/METRO FILE

Dream more, consume less

FOOD AND DRINK

UBC study says envisioning taste leads to small portions

Wanyee Li
Metro | Vancouver

It may seem counterintuitive but the key to cutting down portion sizes may be as simple as reminding yourself how good the food will taste, according to a UBC professor.

A UBC study shows that people who were asked to imagine what a menu item would taste, smell and feel like chose 25 per cent smaller portions and were willing to pay up to 30 per cent more.

It's a finding that could benefit both consumers and the food industry, said Yann Cornil, an assistant marketing professor at UBC's Sauder School of Business.

"We have found a win-win solution to make the consumer downsize their portions."

The method, tested on almost 1,000 people, works because it reminds people to base their portion decision on quality, he said.

"They evaluate the food based on the pleasure they get from it instead of their hunger or how much they get for their money."

People who eat smaller portions are also happier than those who eat large amounts, said Cornil.

"The sensory pleasure you get from food tends to peak with the first few bites and then quickly decline."

Imagining what food will smell, taste and feel like helps people choose smaller portion sizes, according to a UBC study. JENNIFER GAUTHIER/METRO FILE

The study, co-authored by Pierre Chandon, a professor of marketing at the French graduate school INSEAD, tested this theory on children and found similar results.

It's an important finding at a time when North America is suffering from an obesity epidemic, he said. Cornil hopes restaurants will market smaller portions and focus on the quality of their food in order to justify higher prices instead of offering larger portions.

That could mean something as simple as restaurant owners describing the food in their menus more vividly, he said.

"It can encourage restaurants or marketers to propose smaller portion sizes and improve the sensory quality of their food."

But Cornil stops short of saying this method can help people lose weight.

"At best, it can help people regulate their portion size intake and at best it will not make them gain weight."

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Stopping notorious landlord one lawsuit, building at a time

PROPERTY

Lawyer on a mission to aid tenants of rundown hotel

Jen St. Denis
Metro | Vancouver

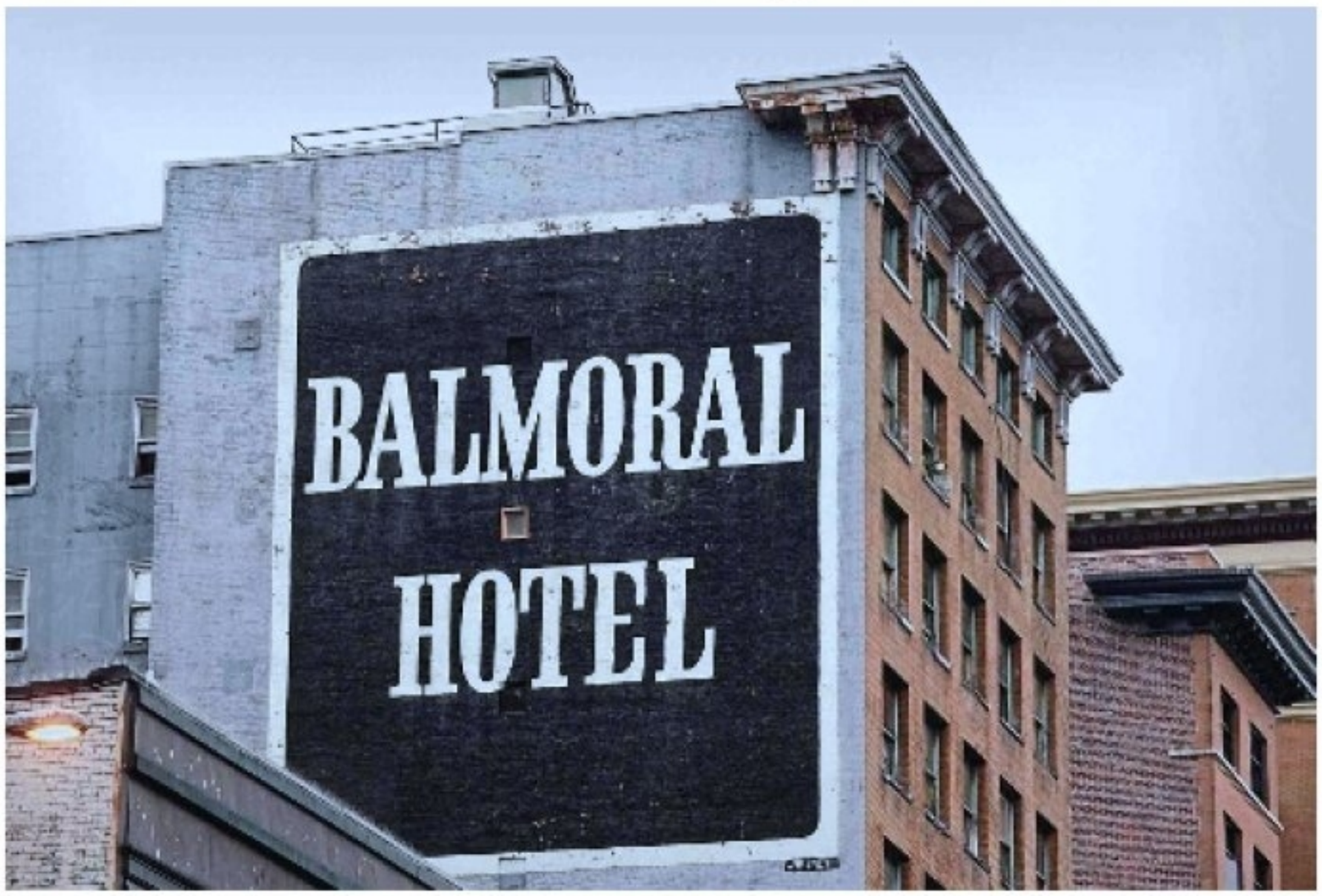
"The walls in the common bathrooms and shower have holes. The bathtubs are not functional. The bathroom doors do not lock. Water leaks between floors. There is mould."

A lawsuit filed Wednesday on behalf of Harold Slaunwhite and other tenants of the Balmoral Hotel, a single room occupancy hotel in Vancouver's Downtown Eastside, alleges that despite the building's chronic disrepair, the City of Vancouver is failing to enforce its own standards of maintenance bylaw.

"The hotels are not fit for human habitation," said Jason Gratl, the lawyer who filed the lawsuit. "And moreover the tenants are intimidated, they're afraid to make complaints to the Vancouver Police, they're afraid to make complaints to city hall."

None of the allegations has been proven in court and neither the city nor the Sahotas, the owners of the building who are also named as defendants, have yet filed a response. The city declined to comment on the lawsuit.

Gratl said the plan is to file lawsuits against each of the five SROs owned by the Sahotas in the Downtown Eastside. The Sahotas have frequently faced legal action and tenant complaints in response to their failure to maintain properties. In August, Gratl filed a similar lawsuit for tenants of the Regent Hotel.



Conditions at the Balmoral Hotel in Vancouver's Downtown Eastside are "abysmal," says lawyer Jason Gratl, who has filed a lawsuit against the city to enforce its standards of maintenance bylaw. JENNIFER GAUTHIER/METRO

The legal action is having an effect, according to Gratl: "It would appear that the City of Vancouver has, very recently, in response to the class action commenced for the Regent Hotel, started to enforce its own bylaw," he said.

"Either city council or city staff has the power to issue an order requiring maintenance to be done in 60 days, failing which the city can step in and do the work themselves."

> **The hotels are not fit for human habitation.**
> Jason Gratl

The lawsuit claims there are many serious health and safety problems with the building: the elevator is often broken; the water temperature cannot be controlled; beams beneath the ground floor are rotten, causing structural problems; the fire escape is impassable; the building is constantly infested with cockroaches, bedbugs and rats, with "virtually no pest control program" in place.

The Regent Hotel lawsuit marked the first time tenants in B.C. have ever sought an injunction against their landlord to pay for repairs. The Balmoral suit is also seeking an injunction requiring either the City of Vancouver or the Sahotas to carry out the needed repair work, at the Sahotas' expense.

The lawsuit alleges that the city has previously made agreements with the Sahotas to not enforce the bylaw, in return for the Sahotas' promise to comply with other aspects of the bylaw.

IN BRIEF

Pricey rare comics stolen

A collection of rare comics has been stolen in a Vancouver break-in. The Vancouver Police Department says a 45-kilogram safe was stolen from a home, with the stack of valuable comics inside.

The theft happened in east Vancouver at around noon on Monday.

One of the comics is Fantastic Four No. 1 from 1961, and investigators are confident the unique item will be quickly spotted if it is offered for sale.

THE CANADIAN PRESS

Court date set for Mountie charged with child luring

The case of an RCMP officer charged with child luring has been put over to Nov. 2 in B.C. provincial court. Const. Dario Devic was represented by his lawyer Wednesday during a brief court hearing in Surrey to set the court date.

A charge of child luring was approved by the Criminal Justice Branch earlier this week. He is accused of communicating for sexual reasons with someone he believed was younger than 16. THE CANADIAN PRESS

SPCA OUTRAGE

No jail for man who killed dog

A 41-year-old British Columbia man has received a 12-month conditional discharge after beating the family's chihuahua to death with a fence post.

Christopher Mathes was sentenced in Kamloops provincial court on Tuesday after pleading guilty to causing unnecessary pain and suffering to an animal. Mathes is also banned from being in the presence of dogs for one year.

He was charged just over a year ago after hitting the pet, a rescue dog, on the head with the post because it had bitten his six-year-old daughter on the face. BC SPCA chief prevention and enforcement officer Marcie Moriarty says she is appalled by the decision. She says Mathes could have turned to a trainer for help managing the dog's behaviour and she worries the sentence will set a lenient legal precedent for anyone who mistreats animals.

"It is very worrisome, and I hope that, in future cases, this case gets distinguished as an oddity," Moriarty said.

THE CANADIAN PRESS

SUNKEN DIESEL

Weather delays clean up operation

Stormy weather has paused the operation to remove thousands of litres of diesel from a sunken tug off British Columbia's central coast.

Salvage crews have recovered more than 88,000 of the estimated 200,000 litres of fuel from the Nathan E. Stewart, which ran aground and sank last week in Seaforth Channel, about 20 kilometres west of Bella Bella.

The latest joint situation report says more fuel is scheduled to be emptied Wednesday, but smaller boats working on the operation have been told to stand down because of predictions of gale to storm-force winds. Other parts of the operation, including shoreline clean up assessment, wildlife observations and environmental sampling were also put on hold because of forecast.

The local Heiltsuk First Nation says in a news release that responders are concerned the tug may move in the storm, causing fuel to spill.

THE CANADIAN PRESS

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Entering a stronger gene pool

HEALTH

Several B.C. firms to work with Chinese genomics firm

David P. Ball
Metro | Vancouver

A promising future's in the genes for St. Paul's Hospital and a team of Vancouver medical researchers who signed a research deal with the world's largest genomics company on Wednesday.

China's BGI — which has pioneered treatments tailored to each individual patient's genetic code — signed a memorandum of understanding with several B.C. health organizations to further the study of the cutting-edge approach to medicine.

It could revolutionize how doctors approach hard-to-treat conditions, particularly cancer.

The international partnership's aim is "applying next-generation sequencing technologies and big data to accelerate personalized medicine," according to a release from Providence Health Care, which manages St. Paul's.

Dr. Paul Man of St. Paul's Hospital spoke about a genomics research agreement signed with Chinese firm BGI at a signing event Wednesday. DAVID P. BALL/METRO

Amrik Virk, the province's minister of technology, innovation and citizens' services, was on hand for the signing and praised the partnership as an example of how such research "collaboration leads to discoveries … to make lives better in B.C., Canada, and on the other side of the planet."

Asked to try his luck at explaining genomic medicine to Metro's readers — with a nod to Prime Minister Justin Trudeau's widely circulated quantum computing moment in April — Virk said it's essentially about "personalized medicine."

"The old way of delivering drugs is very standard," he explained. "But can you do analysis of an individual, of what their genes look like, and then tailor their medicine exactly to what their body and their genetic makeup is?

> **When you or your loved one gets sick, this is about analyzing and delivering medicine that will benefit each patient. It's phenomenal: the next step.**
> Amrik Virk, B.C. minister of technology

"When you or your loved one gets sick, this is about analyzing and delivering medicine that will benefit each patient. It's phenomenal: the next step."

Also signing the research partnership were St. Paul's Foundation, the Vancouver Prostate Centre, Genome BC and Deloitte.

The head physician of St. Paul's Hospital told Metro the deal has huge "potential" to enhance the development of what he called "precision medicine."

"This is the leading edge of medicine," Dr. Paul Man, also a University of B.C. medicine professor, said in an interview after the signing event. "Genomics — analyzing the functional aspect of genes — is the basis for a lot of eventual new drugs.

"It will be important for us to work together — us providing the clinical input and patients' problems, and them looking at their gene expression."

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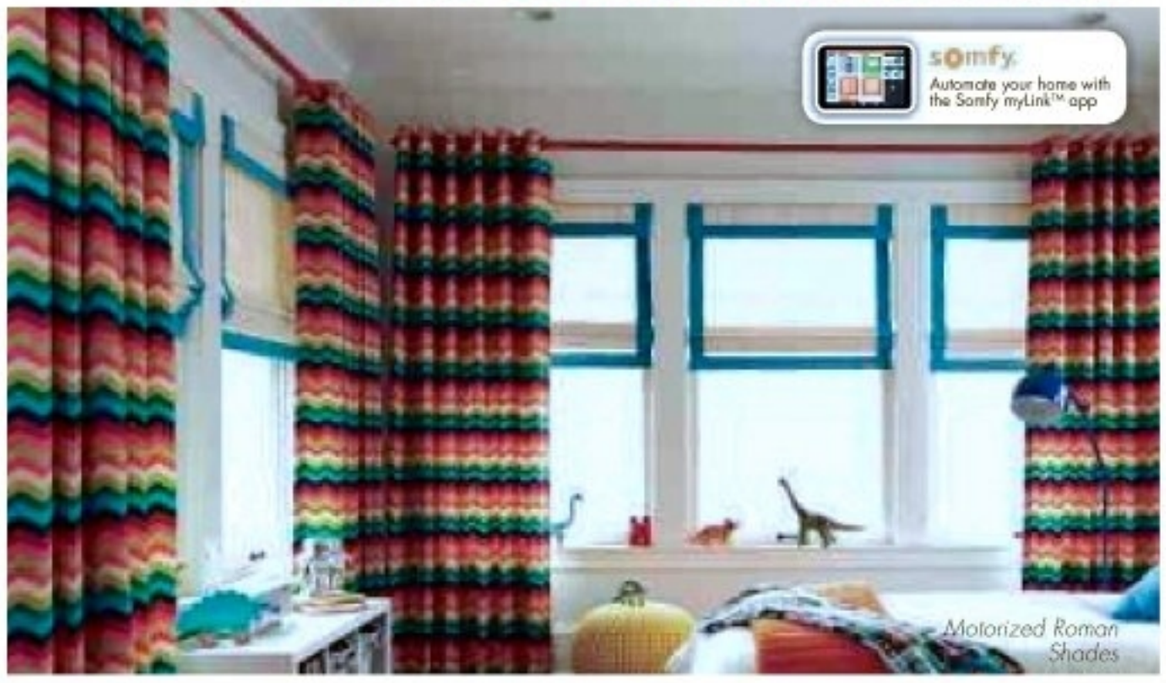

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TRANSPORTATION

First part of plane crash investigation concludes

Hours of painstaking work lies ahead as Transportation Safety Board crews wrap up their investigation at the scene of a fatal plane crash in British Columbia that killed former Alberta premier Jim Prentice and three other men.

Investigators now move to the lab after collecting all the required information from the crash site, about 10 kilometres northeast of the Kelowna airport in B.C.'s Okanagan, the safety board said on Wednesday.

Wreckage of the Cessna Citation will be removed from the wooded area by helicopter and taken to a warehouse for further analysis.

In a news release, the board said some of the upcoming work includes reviewing RCMP drone footage of the crash scene, examining the plane's instruments, sending selected wreckage to its lab in Ottawa, and evaluating plane maintenance and pilot records.

Investigators will also create simulations and reconstruct events to learn more about the sequence of events leading up to the crash.

"We will be thorough in our analysis of the data we have collected, and will continue to gather information as the investigation progresses", said TSB investigator-in-charge Beverley Harvey in the release.

If, during the ongoing probe, safety deficiencies are found that require immediate attention, Transport Canada and the industry will be informed, and the details will also be released to the public, the board said.

The Cessna Citation crashed and burned last Thursday night and investigators have reported it could take as long as a year to determine a cause.

The board described the investigation as particularly challenging, partly because the aircraft did not carry flight-data or cockpit-voice recorders.

THE CANADIAN PRESS

Dan Grosso, pictured mixing pancake batter with his power-drill mixer in February 2015, died on Oct. 8 at age 74. DAVID P. BALL/METRO

Dan Grosso remembered

COMMUNITY

Fixture of Woodward's building died on Oct. 8 at 74

David P. Ball
Metro | Vancouver

The first time musician Vanessa Richards met Dan Grosso was in a hallway of the Portland Hotel Society's supportive housing building in the Woodward's building in 2010, where he moved from a Downtown Eastside hotel.

She was there to propose a community choir in the building for low-income residents and visitors alike. She met Grosso, a retired long-haul trucker and oil rig cook from Alberta, and asked him if he liked to sing.

"He said, 'Do I?!'" Richards recalled in a phone interview. "He told me about the barbershop quartet he'd sung in and asked, 'What can I do to help?'

"We just took off from there."

Grosso, a fixture of the Woodward's community and long-time cook for its free, bi-weekly pancake breakfasts, died on Oct. 8 at age 74, of a stroke. Portland Hotel Society staff are planning his memorial service for Nov. 3.

"He took great pride in taking hospitality very seriously," Richards said. "There was really a kindredness with him because of his deep hospitality and his deep love of music.

"He was like a grandpa to most of us."

The choir she launched was Woodward's Community Singers, and every week Grosso would help her set up the lounge then head to the East Hastings Street entrance to welcome singers. He missed only a handful of sessions in six years, Richards said.

"He was always so sincere in welcoming people," Richards said. "Our choir started the moment you saw Dan at the door.

"He was very steady. We could count on him like a rock."

Grosso moved into the Woodward's development in 2010, after his wife died. Staff soon discovered an infection on his foot and he had to have his leg amputated. Perhaps what Grosso was best known for in the Woodward's building, however, was the Three Amigos pancake breakfast, a bi-weekly program he took over from PHS staff and ran for five years. He even bootstrapped his own batter-mixing hack: a paint-stirring blade stuck in a power drill.

One of Grosso's fellow flapjack "amigos" was artist Karen Ward, another Woodward's floormate. He told her he needed volunteer pancake flipper, she said.

"Dan was a magnetic force," she said. "Working with him was a pleasure.

"He always looked for solutions, and when he became disabled, he didn't let that stop him. He comes off like a gruff old man, but he was actually a wonderful and generous guy who, over the years, taught everybody you don't give up on people."

A memorial celebration of Grosso's life is planned for Thursday, Nov. 3 at 4:30 p.m., on the 10th floor of Woodward's Community Services Residences (131 West Hastings St.).

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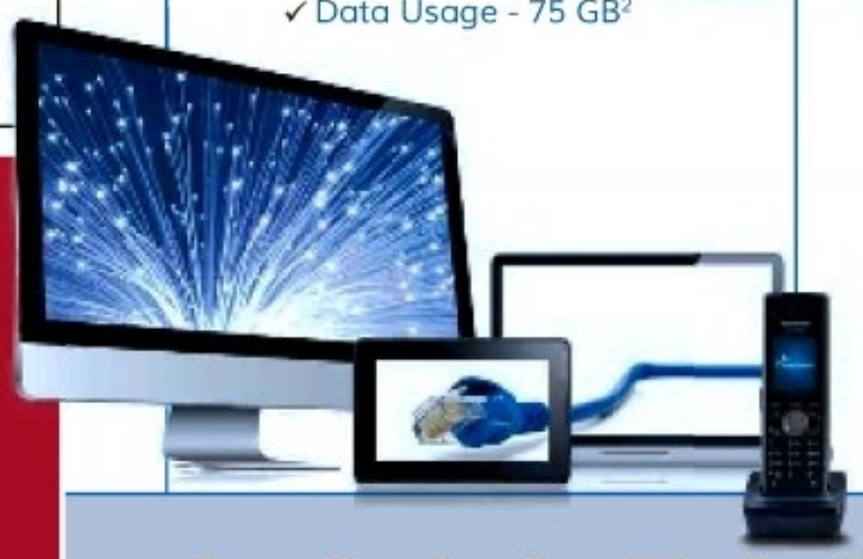

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Quake sensors for just $1K

NATURAL DISASTERS

Engineer calls on government to invest more in detection

Wanyee Li
Metro | Vancouver

A UBC engineer is calling on the B.C. government to invest more in early detection systems that could save lives if the province is hit with an earthquake.

Almost 800,000 people across the province are participating in Thursday's Shakeout drill but having enough warning time is critical because it takes people about seven seconds to find cover, say experts.

The government gave Ocean Networks Canada (ONC) $5 million to install sensors on the ocean floor and along the west coast of Vancouver Island but Kent Johansen, with UBC's Earthquake Engineering Research Facility, says there is a cheaper and better solution.

Kent Johansen, from UBC's Earthquake Engineering Research Facility, says the province needs to invest more in early detection systems for earthquakes. BRENT HAYDEN/CONTRIBUTED

He has developed sensors the size of a pop can that would only cost about $1,000 each and can be buried under any school to provide a direct warning to students before an earthquake occurs.

The low cost would allow the province to install a dense network quickly — a critical step toward saving lives, said Johansen.

"The thing was nobody was really interested in a big (earthquake) budget here. We don't have the earthquakes that wake us up from time to time," he said.

"We decided that we had to do something and get the cost down."

The sensors in Vancouver can detect earthquakes from far away as Alberta and will give people a 10-second warning for an earthquake 10 kilometres away, said Johansen.

About 60 Catholic schools across B.C. already have the technology, which will send a message over the PA system if it senses an earthquake.

"The Roman Catholic Archdioceses in Vancouver told us we want to keep our kids safe and we don't care how much it costs," he said.

But Johansen wants the provincial government to show the same amount of commitment but says the support isn't there yet — not for his technology.

"They've given $5 million to Ocean Network (Canada). That is supposed to be shared. In our context, it is an enormous amount of money."

> **We don't have the earthquakes that wake you up here.**
> Kent Johansen

The minister for emergency preparedness says the government is aware there is a lot more work to do and that it will take a collaborative effort to build a comprehensive earthquake warning system.

"(ONC) is just one of a number of systems. We're going to make sure we look at choosing the right system and including all partners," Minister Naomi Yamamoto told Metro.

"I am keenly interested in looking at any tool that can help us better ensure public safety."

LAWSUIT

Basketball star Nash seeking court to order over name use

Former basketball superstar Steve Nash is seeking a court order banning the use of his name or image on nearly two dozen fitness clubs in British Columbia.

A civil lawsuit filed in B.C. Supreme Court says SNFW Fitness has continued operating facilities since October 2014 under the name Steve Nash Fitness World after Nash's relationship with two business partners fell apart.

Nash's Arizona-based company, B & L Holdings, agreed in November 2006 to allow unlimited use of his name and image to a firm that was operating two facilities called Steve Nash Fitness Clubs, the court document says.

The statement of claim says the licensing agreement between Vancouver Bay Clubs and B & L Holdings was to run through March 2022 and there were provisions for the Vancouver company to extend the deal.

Besides SNFW Fitness, defendants in the claim include Nash's former business partners — Mark Mastrov, the owner of the NBA Sacramento Kings, and Quebec businessman Leonard Schlemm.

None of the allegations have been proven in court and statements of defence have not been filed. A statement issued on behalf of Steven Nash Fitness World and Sports Club, Schlemm and Mastrov on Wednesday said they hadn't been served with the lawsuit.

Steve Nash. THE CANADIAN PRESS

"We are saddened that Mr. Nash proceeded to litigation without first raising any of these issues with us directly," it said.

"While we have nothing but respect for Mr. Nash and what he has accomplished as a Canadian athlete, we are confident with our legal position and intend to aggressively defend our rights."

It says the company will establish before the courts that it has the lawful and exclusive right by Nash to use his name, voice, signature, likeness and image within British Columbia.

The statement concludes that media reports of the legal dispute don't tell the complete story. The statement of claim filed in court says in November 2009, a company called FWG Acquisition was incorporated in B.C., with Mastrov and Schlemm as its directors.

Nash and his partners announced in the same year that they bought the Fitness World Gyms chain, which now includes 21 clubs in the Vancouver area, Victoria and Kelowna.

However, after Mastrov bought an ownership interest in the Kings in May 2013, NBA bylaws prevented him from doing business with players including Nash, who at the time played for the Los Angeles Lakers, the court document says.

"On or about July 1, 2014, Mastrov, without notice to Nash, resigned as an officer of FWG Acquisition Ltd. and transferred all of his shares to Schlemm. Within days thereafter the defendant SNFW was incorporated."

Months later, Nash's company received a notice saying it was required to sell all its securities to SNFW, the document says.

Nash is seeking unspecified damages and costs as part of the lawsuit. THE CANADIAN PRESS

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5 Things to know about Trudeau a year after win

Canadians have learned a lot about Justin Trudeau in the year since he was elected prime minister. Here are five things you didn't know before:

THE CANADIAN PRESS

1 He's a different leader than his father

The opposition likes to razz Trudeau about taking too many selfies and not focusing on the issues of the day. No one believes Trudeau isn't authentic when he poses for pictures or shakes hands with crowds. Trudeau is more social than many anticipated, Wiseman says, including letting people connect with him through his family.

2 He plays his cards close to his chest

Before and during the election campaign, Trudeau would let you know where he stood on issues. Marijuana? Legalize it. Deficits? Down with it. But since coming to office, he has kept particular views to himself. On the specifics of building pipelines and electoral reform, Trudeau doesn't say what projects or voting system he backs. When asked about pipelines, Trudeau talks about the economy and environment going hand in hand. "He's a waffler in the grand Liberal tradition," says Nelson Wiseman, director of the Canadian Studies Program at the University of Toronto. Trudeau likely has about two years at the most to push one or two major issues before he heads into re-election mode. He has spent the past year watching his polling numbers stay high and building political capital. What will he spend it on?

3 He's still campaigning

Penny Collenette, a former official in the Prime Minister's Office during Jean Chrétien's tenure, says it's almost as if Trudeau is still in campaign mode a year later. "Perhaps his true governing style will not become apparent until budget decisions have to be made." Max Cameron, director of Centre for the Study of Democratic Institutions at UBC, also says Canadians are likely to learn more about Trudeau's positions on issues during his second year in office.

4 He's no micromanager

Andrew Potter, director of the McGill Institute for the Study of Canada and the former editor-in-chief of the Ottawa Citizen newspaper, says some in politics like to wallow in the fine details, while others govern from 30,000 feet. "Trudeau seems oddly disengaged to me," says Potter. Some decisions have caught people pleasantly by surprise, such as having gender parity in cabinet. But that's not what has people confused. Trudeau seems keen on being a global political leader and basking in the international spotlight.

5 He can play hardball

At its core, governing is about making tough choices and trade-offs, says Cameron. Trudeau has shown an ability to wear a black hat when the situation demands it, such as his plan for a price on carbon, or taking a hard line on health-care funding. In both cases, Trudeau took a position sure to be unpopular with the premiers, despite having vowed to work with them, Cameron says. Indeed, he's adopted more conservative policies on health- care funding and greenhouse gas emission targets, says Potter — showing that Trudeau understands sunny ways might be a great strategy to get elected, but a terrible strategy to govern.

IN BRIEF

Immigration spike on the table: McCallum

A high-powered group of external advisers is calling for a dramatic increase in Canada's immigration levels, but Immigration Minister John McCallum says that might be too ambitious.

McCallum said Wednesday he's read the report by the Advisory Council on Economic Growth that calls for a 50-per-cent increase in targets to 450,000 people a year. The measure would target skilled, entrepreneurial newcomers in an attempt to stimulate economic growth.

THE CANADIAN PRESS

Electoral reform needs 'substantial' support

Prime minister Justin Trudeau, in an interview with Le Devoir newspaper, said major electoral reforms would require "substantial" support. But he simultaneously argued that the public clamour for change seems to have diminished since the Liberals defeated Stephen Harper's Conservatives one year ago. THE CANADIAN PRESS

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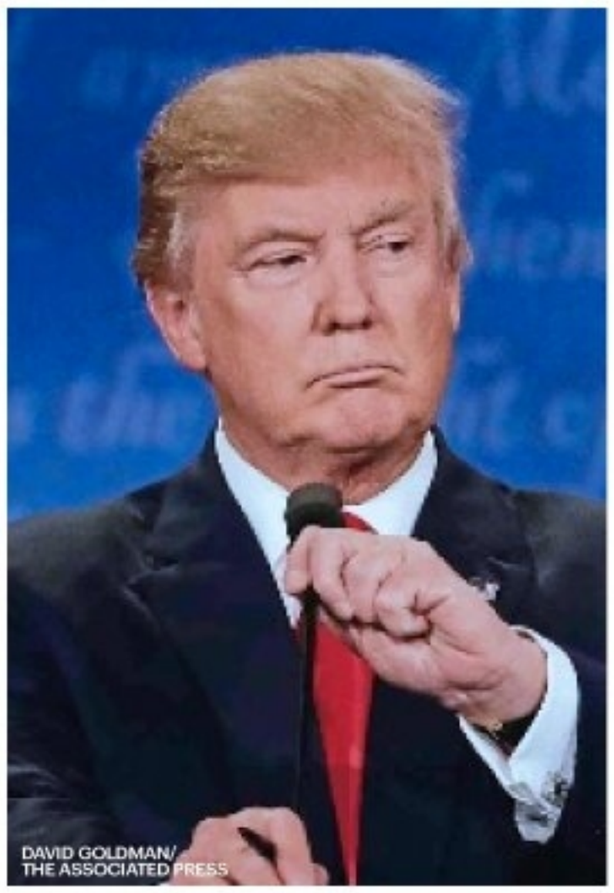
A nightmare to one another



DAVID GOLDMAN/ THE ASSOCIATED PRESS

People are going to pour into our country.
Donald Trump on illegal immigration

LAST PRESIDENTIAL DEBATE

Nominees warn of disaster on immigration, abortion, nukes

Hillary Clinton and Donald Trump kicked off their third and final debate without shaking hands, continuing a break from decorum that began at their last showdown in St. Louis.

The two stepped onto the stage in Las Vegas from opposite sides, each briefly waving to the audience before immediately moving behind their podiums.

Clinton and Trump outlined starkly different visions for the Supreme Court under their potential presidencies Wednesday night, with the Republican declaring the landmark Roe v. Wade ruling legalizing abortion would be overturned by his judicial nominees.

He likened partial-birth abortions to allowing women to "rip the baby out of the womb" even on the last day of pregnancy.

Clinton vowed to appoint justices who would uphold the ruling legalizing abortion, saying, "We have come too far to have that turned back now."

The debate opened with a measured, policy-focused discussion — a stark contrast to the heated and highly personal clashes that defined earlier contests. However, within 30 minutes, Trump reverted to his previous style of bursting in to interrupt Clinton as well as moderator Chris Wallace of Fox News.

Trump highlighted his hard-line immigration strategy as a way to get "bad hombres" out of the United States. He accused Clinton of wanting an "open borders" policy, a characterization she vigorously disputes.

"People are going to pour into our country," Trump said.

The Democratic presidential nominee charged that her Republican opponent has "exploit(ed) undocumented workers."

Clinton said she voted for border security and believes the U.S. is a country of laws, but also a nation of immigrants and said she's against ripping families apart.

She portrayed Trump's deportation plan as a logistical nightmare, saying it would force a "massive law enforcement presence" and require shipping people from the country in trains and buses.

Trump alleged Clinton has allowed Russia to expand its nuclear weapons. Clinton, in response, said Trump is "cavalier" about nuclear weapons, pointing to his past statements suggesting more countries should have nuclear power.

Threatening to upend a basic pillar of American democracy, Trump refused to say he would accept the results of the November election if he loses. The Democratic nominee declared Trump's resistance "horrifying."

Near the end of the debate, Trump interjected as Clinton was talking about preserving Social Security and Medicare, calling her "such a nasty woman." THE ASSOCIATED PRESS

DREW ANGERER/ GETTY IMAGES

We have come too far to have that turned back now. Hillary Clinton on abortion

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Azalea, whose Korean name is Dallae, smokes a cigarette at the Central Zoo in Pyongyang, North Korea. THE ASSOCIATED PRESS

NORTH KOREA

Come meet Azalea, the smoking chimpanzee

Pyongyang's newly opened zoo has a new star: Azalea, the smoking chimpanzee.

According to officials at the newly renovated zoo, which has become a favourite leisure spot in the North Korean capital since it re-opened in July, the 19-year-old female chimpanzee, whose name in Korean is "Dallae," smokes about a pack a day. Dallae is short for Azalea.

They insist, however, she doesn't inhale.

Thrown a lighter by a zoo trainer, the chimpanzee lights her own cigarettes. If a lighter isn't available, she can light up from lit cigarette if one is tossed her way.

Though such a sight would draw outrage in many other locales, it seemed to delight visitors who roared with laughter on Wednesday as the chimpanzee, one of two at the zoo, sat puffing away as her trainer egged her on. The trainer also prompted her to touch her nose, bow thank you and do a simple dance.

The zoo is pulling in thousands of visitors a day with a slew of attractions ranging from such typical fare as elephants, giraffes, penguins and monkeys to a high-tech natural history museum.

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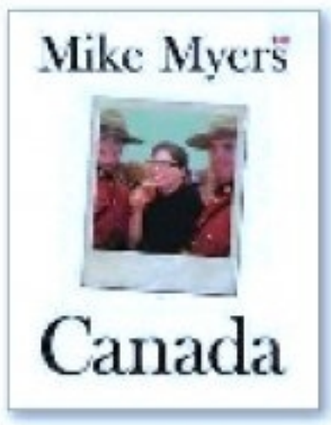

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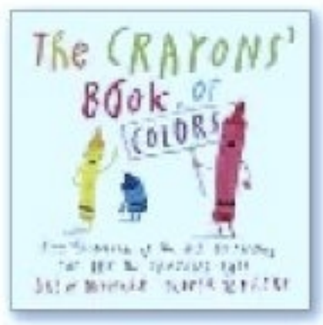

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Virtual reality arcades grow

SMALL BUSINESS

Owners bank on gamers trying out new technology

Imagine walking into a black-walled, nondescript room that instantly transforms into another world where you can explore outer space or defend a castle from monsters — all by donning a virtual reality headset.

That's the experience that awaits visitors at one of the number of new VR arcades opening up across Canada. Business owners are hoping to capitalize on gamers' interest in trying out the immersive technology, even as it becomes more readily available for the public to use at home.

Since the summer and over the past few weeks, several companies have started releasing high-end VR headsets for consumers. But some industry insiders and VR arcade owners aren't concerned, arguing that the mass extinction video game arcades of the '70s and '80s faced won't beset this growing industry because obstacles like price and space still exist when it comes to bringing the true VR experience to households.

It's impossible to know how many VR arcades exist but more and more are opening up, says Bernie Roehl, co-founder of the Virtual Reality Standards Board that advises commercial VR facilities on best practices.

"It ranges all the way from huge, massive, literally multi-million-dollar installations, all the way down to an Internet café," he said, describing the gamut of VR arcades that exist in the global marketplace.

THE CANADIAN PRESS

Vanessa Glavac plays a puzzle game at Ctrl V Virtual Reality Arcade in Waterloo, Ont. HANNAH YOON/THE CANADIAN PRESS

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ENERGY

Electricity board fines SNC-Lavalin

The Ontario Energy Board has fined SNC-Lavalin $75,000 for operating a gas-fired electrical generating plant at Toronto's Pearson International Airport without a licence for the past 10 years.

Ontario Energy Minister Glenn Thibeault said the Greater Toronto Airports Authority did have a licence as the owner of the electrical generating plant, but the operator, SNC-Lavalin, didn't get one until it was ordered to do so last June.

The GTAA says the facility supplies electricity to the airport "typically during the heat of summer," and to help manage demand and keep a steady power flow during interruptions from the local municipalities.

"It is every energy facility owner's and operator's obligation to apply to the OEB for a licence to operate," said Board spokesperson Karen Evans in an email.

"SNC, who are providing ancillary services to the Greater Toronto Airports Authority, believed they did not require a licence as the operator of the facility."

THE CANADIAN PRESS

BANK OF CANADA

Rate remains low on gloomy outlook

The Bank of Canada has downgraded the growth outlook yet again with fresh projections Wednesday that see an impending drop in housing activity tied to new government rules and, more importantly, signs of a permanent decline in exports.

The gloomier economic picture weighed heavily enough on the central bank's governing council for them to actively discuss lowering the trendsetting interest rate from its already-low perch of 0.5 per cent, governor Stephen Poloz said. But the bank ultimately kept the rate where it's been since July 2015, as analysts had widely expected.

The bank's latest monetary policy report was released as the economy continues to struggle to emerge from a prolonged period of slow growth and recover from the negative effects of the plunge in oil prices that began two years ago.

THE CANADIAN PRESS

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IN BRIEF

Court sides with Canada Post in mailbox dispute

Ontario's highest court has ruled in favour of Canada Post in a dispute with the City of Hamilton over the placement of community mailboxes. Hamilton brought in a bylaw last year that required Canada Post to obtain a $200 permit per site to install boxes on municipal land.

THE CANADIAN PRESS

metro VIEWS
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Thursday, October 20, 2016

CHANTAL HÉBERT ON THE GOVERNMENT'S FIRST ANNIVERSARY

The alignment of the stars continues to favour the PM. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

Much celebration — for the most part justified — is attending the first anniversary of Justin Trudeau's election victory. Twelve months later, polls elicit no buyer's remorse. Many voters who did not support Trudeau last year are on balance happy he won.

The alignment of the stars continues to favour the prime minister. With the opposition parties leaderless, the biggest risk to the Liberals these days is to let success go to their heads.

On that score, it may be time to keep Trudeau away from his press clippings.

On three occasions since the House reopened last month — including twice in this anniversary week — the prime minister has short-circuited negotiations between his ministers, the provinces or the opposition parties.

In an interview published in Le Devoir on Wednesday Trudeau signalled he is no longer enamoured with his promise to change the voting system in time for the next election.

The prime minister argues that on the heels of the election of a Liberal government, many Canadians no longer feel it is urgent to do away with the first-past-the-post system.

The outcome of the last election has indeed alleviated the fear of many progressive voters that, under the current system, the division of the opposition vote would give the Conservatives a virtual lock on federal power.

But the Liberal zeal for moving away from a system that has just delivered them a majority has flagged at least as quickly as the electorate's sense of urgency.

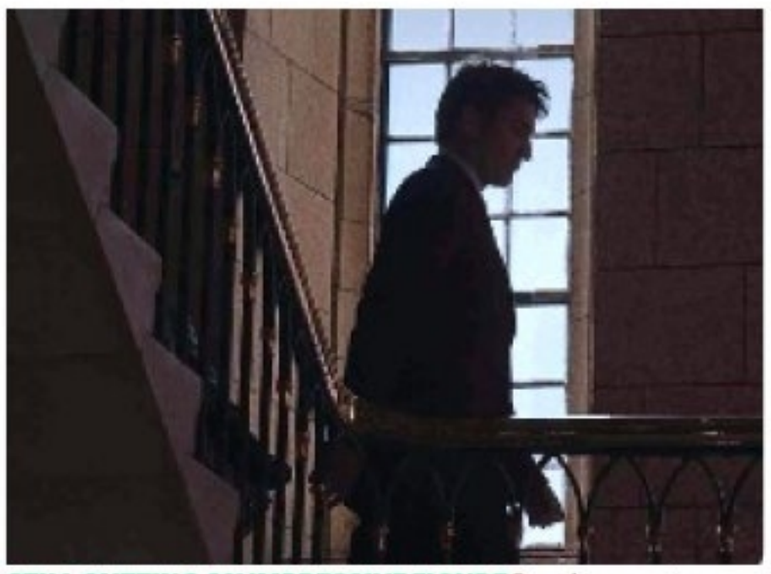
The last election alleviated progressive voters' fear that the current electoral system would give the Conservatives a lock on federal power.

In his early days as prime minister, Jean Chrétien celebrated election anniversaries by listing all the platform commitments he had honoured. Trudeau, it seems, believes the occasion lends itself to backtracking on promises.

The prime minister's timing is counterintuitive in yet another way: an all-party committee is about to try to craft a consensus on the way forward on electoral reform. Trudeau may have wanted to send the NDP and the Greens a message that if they do want a different system, they will have to put much water in their wine to find common ground with the Liberals.

But his comments can only exacerbate the Conservatives' sense that his only interest in moving to a different voting system would be to rig future elections against their party.

Trudeau's musings also shore up the perception that the Liberals on the electoral reform committee, along with reform minister Maryam Monsef, are on a mission to sabotage the discussion.



STILL CUTTING AN IMPRESSIVE FIGURE Despite recent statements that made life difficult for his cabinet ministers, Justin Trudeau retains that new-PM sheen one year in. THE CANADIAN PRESS

Standing at his seat in the Commons earlier this week, the prime minister alleged that the provinces have been diverting federal health dollars towards other programs.

Provincial health spending has been increasing at about half the pace (three per cent) of the federal health transfer. But Ottawa funds only a fraction (23 per cent) of the total provincial health bill. Even with the current six-per-cent escalator clause on that amount, the federal increase does not cover the actual rise in total health spending. The bottom line is that the prime minister is basing his case for cutting the annual increase in half on a mathematical fallacy.

The main result of Trudeau's comment was to make a difficult conversation between federal Health Minister Jane Philpott and her provincial counterparts even more antagonistic. Trudeau did not create this week's stalemate, but he is certainly not contributing anything constructive to its resolution.

On the day last month when the prime minister declared his intention to set a national floor price on carbon, Canada's environment ministers were meeting to discuss climate change. They were put in front of a fait accompli. Some of them walked out on Environment Minister Catherine McKenna.

For the most part Trudeau earned kudos for the substance if not for the method of his announcement on carbon pricing. It was an overdue move on the part of a federal government.

Reviews of his health-care approach are more mixed. The federal government does not need provincial approval to determine the level of its health transfer, but it can't get the reforms it hand-picked in its platform off the ground without provincial co-operation.

Electoral reform is not a top-of-mind issue for most voters. The political costs of Trudeau ditching the promised introduction of a different voting system in time for 2019 would not be prohibitive.

But when one connects the dots between the prime minister's interventions on three of this fall's time-sensitive files, one finds little evidence of the collegiality Trudeau promised last year.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA

A stress eater's guide to enduring the U.S. election

Watching the Democrats and Republicans battle it out first made me angry, then massively hungry.

For two years we've been hearing about this seemingly endless election. Would Bill Clinton be an asset or a liability to Hillary? What about ISIS? Would the GOP get it together? (Spoiler: no.)

I'm starving.

On Tuesday night, I made 24 cornbread muffins. I am not a baker. I don't like to encourage associations between me and kitchens. I was arming myself for last night's debate. Eating your feelings is an essential survival strategy for this election.

I was unprepared for the first debate: a plate of nachos and salsa. The next day, I ate a chocolate chip cookie every hour until the world felt right again. Luckily, the second debate was on Thanksgiving. It gave me a full plate to stare miserably into during each of the 55 times that Trump interrupted Clinton. The key is to keep chewing; otherwise bites of poultry will fall out of your mouth and onto your lap when the Republican candidate threatens to jail his opponent.

On Super Tuesday, Heather Whaley, writer of the book Eat Your Feelings: Recipes for Self-Loathing, recommended making a soup. To start: "Turn off the television, turn off the radio, put your phone in your sock drawer, and pre-heat the oven to 425." To finish: "Serve this with some crusty bread, a nice sharp cheese, and something bracing because it's going to be a long nine months." And so it has been.

The nine months has been ample time to develop a warm, cordial relationship with my local food-delivery people. To stay in their good graces (and get my order in a timely fashion), I've had to be careful that my food reflects my politics. In this wild and wacky cycle, even a bucket of chicken is more than it seems. The political-action committee created by Yum! Brands — owner of Taco Bell, Pizza Hut and KFC — donated over $2,000 to a conservative PAC led by former Republican congressman Eric Cantor, according to Eater. Given that congressional Republicans have obstructed every one of President Obama's plans, it's probably better to forgo the stuffed-crust double pepperoni with mushrooms in favour of the neighbourhood Thai spot.

Every Big Food brand, from Skittles to Wendy's, seems to have gotten in on the campaign; the search for friction-free packaged fare may be futile. Thus, I bake. For last night's debate, I sat down with a glass of wine, 21 muffins (three did not survive the wait), a bowl of soup and a creeping sense of dread.

Now that we're past the final debate, with only Election Day left to contemplate, just one question remains: What does one eat for the apocalypse?

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metro LIFE

Your essential daily news

Thursday, October 20, 2016

"Dearest Tampa, I'm sorry you didn't want me, a comedian who talks about what she believes in, to mention the biggest thing going on in our country right now. How could I think it was OK to spend five minutes having a peaceful conversation with someone with different views?" **Amy Schumer, on people walking out of her show where she criticized Donald Trump.**

Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health

Let Them Eat Dirt author and microbiologist Marie-Claire Arrieta says that our liberal use of antibacterial soaps and hand sanitizers are having a negative impact on our children's immune systems. ISTOCK

Yes, it's important to wash your hands. It's critical during cold and flu season and especially if you visit someone at the hospital.

The problem is — in the West at least — parents have taken the business of keeping clean way too far. New science shows that a lot of the tiny organisms called microbes that we're so busy blasting away with our hand sanitizers, antibacterial soaps and liberal doses of antibiotics are having a profoundly negative impact on our kids' immune systems, says microbiologist Marie-Claire Arrieta, co-author of a new book called Let Them Eat Dirt: Saving Our Children from an Oversanitized World.

The assistant professor at the University of Calgary, along with her co-author, esteemed microbiologist Brett Finlay, make the case that we're raising our kids in a cleaner, more hyper-hygienic environment than ever before. They say that overdoing it the way we are is contributing to a host of chronic conditions ranging from allergies to obesity. Here, Torstar chats with Arrieta.

What inspired you and Finlay to write Let Them Eat Dirt?

We're both microbiologists and we've been studying the community of microbes that live in our guts — what we call our gut microbiome. In recent years research from our lab and other labs has shown that the health of this microbiome early in life is really crucial to our lifelong health. It's not just that we're scientists but we're both parents. We thought that parents and caregivers would really benefit from us bringing this knowledge to the public.

We've been hearing for some time that overusing antibiotics may lead to antibiotic-resistant hospital infections, something we may associate with the elderly and other immune-compromised people. But I gather the implications are much more immediate and individual than that. What's the connection between microbes and the development of the immune system in childhood?

When we're born we do not have any microbes. Our immune system is underdeveloped. But as soon as microbes come into the picture, they kick-start our immune system to work properly. Without microbes our immune system can't fight infections well.

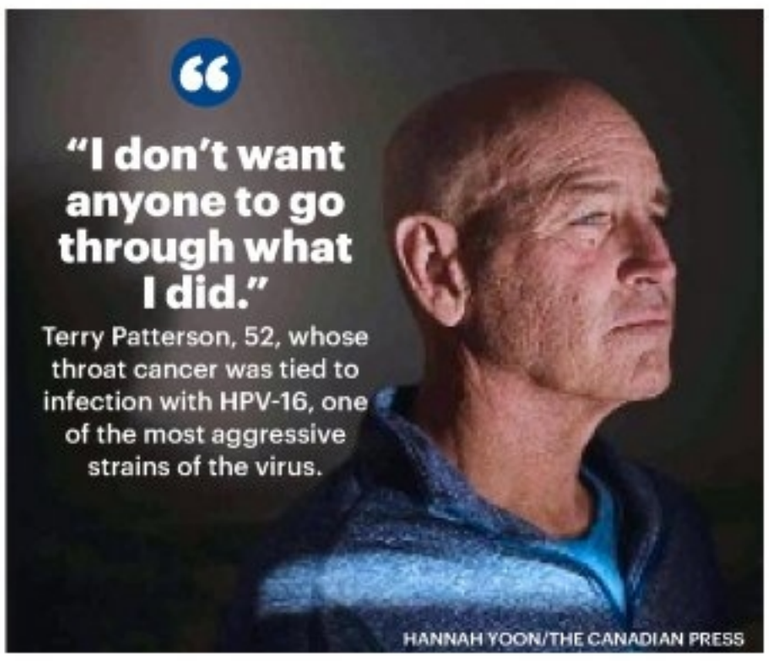
It's not just the presence of these microbes but what they produce. They produce molecules and substances that directly interact with the cells of the lining in our guts, but also with the immune cells that are on the other side of the lining in our guts. They literally train them. It is only upon the encounter with these microbial substances that an immune cell obtains the information to do what they're supposed to do. Then these cells in our gut have the ability to transport themselves to other parts of the body to do more training.

Are there things parents can do — and not do — to make sure they develop a good healthy microbiome and perhaps lower the chances of children contracting allergies, asthma and other related conditions?

Epidemiological evidence shows that kids who are growing up on a farm environment have way less chance of developing asthma. Of course you cannot just pick up your things and become a farmer, but what this suggests is that living in an environment that is less clean is actually better. The same is true for owning a pet, specifically a dog. Let your baby safely play with dogs.

Studies have also shown that cleaning everything that goes in baby's mouth increases their chances of asthma. The incidence of developing asthma is decreased if the pacifier is cleaned in the parent's mouth. And all of this points to the fact that we are just living too clean, to a point that it is not beneficial.

TORSTAR NEWS SERVICE



RESEARCH

HPV-related oral cancer rates jump in men

Malignant tumours in the mouth and throat caused by the human papillomavirus have risen dramatically among men and could surpass the rate of HPV-induced cervical cancer in women, new statistics from the Canadian Cancer Society suggest.

In a report released Wednesday, the organization said the incidence of HPV-related mouth and throat cancers jumped 56 per cent in males and 17 per cent in females between 1992 and 2012, the latest year for which statistics are available. An estimated 1,335 Canadian men and women were diagnosed with HPV-linked "oropharyngeal" cancers in 2012, and 372 died from the malignancies. They now represent about one-third of all HPV cancers in Canada, equal to the proportion of cervical cancer cases, said Leah Smith, the Canadian Cancer Society epidemiologist who helped author the report.

Human papillomavirus is the most common sexually transmitted infection worldwide. Most sexually active men and women become infected with HPV at some point during their lifetime. Most people clear the virus in about two years, but in a small proportion of those infected, the virus persists and can later cause cancer. This year, almost 4,400 Canadian men and women will be diagnosed with an HPV cancer, including cervical, genital and anal cancers, and about 1,200 will die from their disease.

"HPV is a virus that infects moist skin, namely oral and genital mucosa," said Dr. Eduardo Franco, head of oncology at McGill University in Montreal and a world-renowned expert on the pathogen. "The oral cavity is particularly susceptible, the tissue around the tonsils and the base of the tongue."

THE ASSOCIATED PRESS

2 shots

A U.S. government panel says that preteens only need two doses of the HPV vaccine, not three. This is good news for busy parents who struggle to get their children all three shots within six months.

Enter the mind of a misogynist

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women. RICHARD SHOTWELL/INVISION/AP, FILE

INTERVIEW

Bydlowska tackles challenging character

Sue Carter
For Metro Canada

Back in 2014, when pop musician Kesha sued her producer Dr. Luke for sexual and emotional abuse, Toronto author Jowita Bydlowska had already finished a draft of her novel Guy, about a misogynist, potentially psychopathic talent agent (named Guy), who literally thinks he's god's gift to women.

Rich in looks and charisma, Guy is responsible for the commercial success of $isi, a young pop star with whom he had a sexual relationship before she was diagnosed with cancer.

While the parallels between Kesha's accounts of Dr. Luke's manipulations and the way that Guy treats $isi and other women are purely coincidental, the culture that has allowed predatory male behaviour to thrive for so long is finally being openly discussed — thanks in part to accusations against U.S. presidential candidate Donald Trump — which makes Guy such a prescient read despite its protagonist's shocking behaviour.

Best known for her controversial memoir Drunk Mom, which chronicles an alcoholic relapse after the birth of her son, Bydlowska knew that after all the attention that book received, she needed to write about someone as far away from her own experience as possible.

While holed up in a small cottage town editing the Drunk Mom manuscript — an experience Bydlowska found very difficult, emotionally — she didn't have access to Wi-Fi. One day, while walking to the local internet café (a location that appears in Guy), Bydlowska noticed an attractive man, and tried to catch his eye, wondering, "What's it like to be him?" She recalls thinking in the moment: "It would be such a relief to be someone else for a day."

Rich in looks and charisma, Guy sleeps with "plain girls," whom he rates clinically on a scale of one to 10, delusional in his belief that sex with him somehow opens up these women's futures and changes their lives.

> **I've had someone ask already if it's someone that I've dated**
>
> Jowita Bydlowska on her inspiration for Guy

Even Guy's dog, comically named "Dog," plays a prop role in his obsessive philandering. Bydlowska acknowledges Guy is a jerk with many horrible traits, but also views him as complicated and troubled, and even sensitive at times.

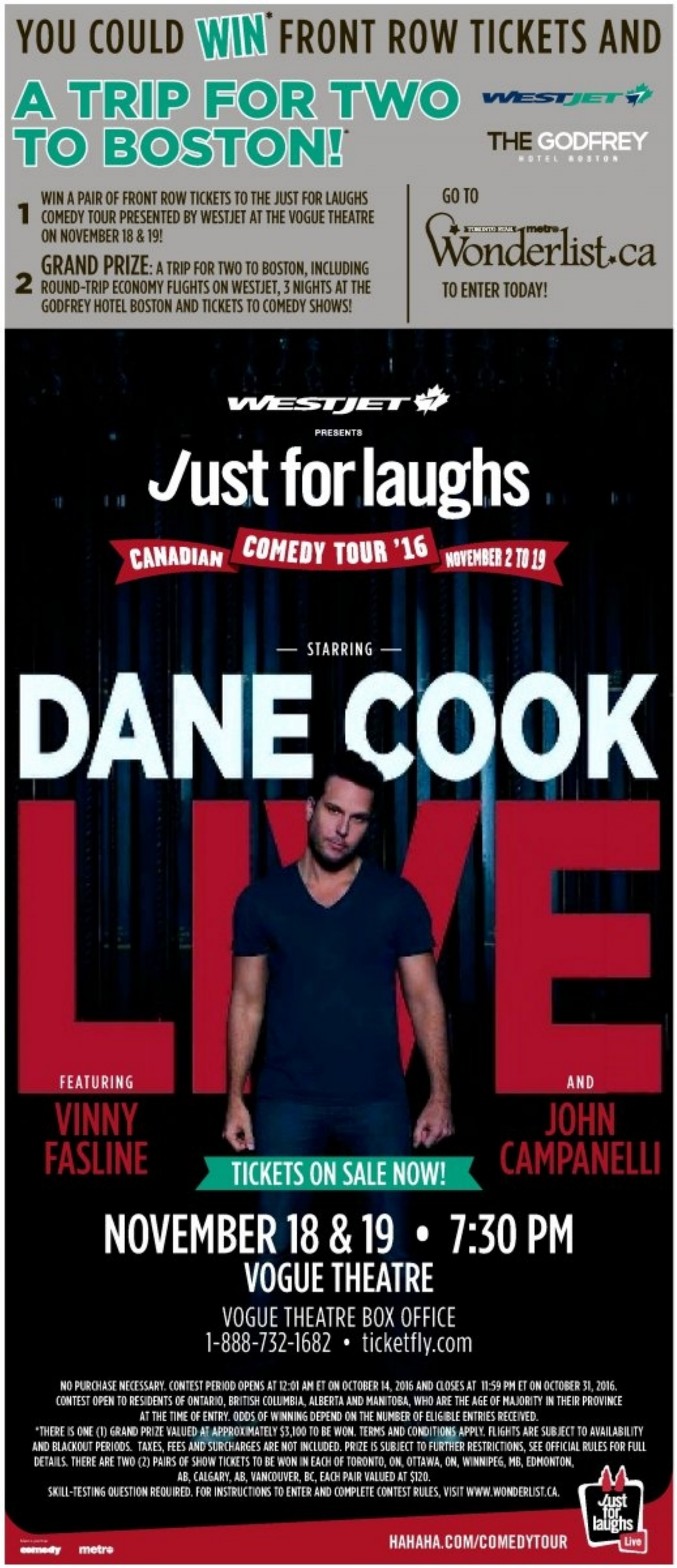
"Guy was a really challenging character to write, but in a good way. I didn't give him any of my thoughts, but I certainly used things that I've read online and I've heard from men and women. He was a good channel for social commentary," she says. "Most importantly, I could remove myself from the character. I didn't have to excuse him or talk about myself."

Though the "Lad-lit" genre has been around for a long time with authors such as Nick Hornby and Bret Easton Ellis (whose iconic novel American Psycho was influential on Bydlowska), it is rare for a woman to write such a brutally honest first-person depiction of a misogynist.

Bydlowska felt she had some freedom: she didn't worry about Guy's likeability or appropriating the voice of a wealthy young white man.

"I probably had more room to explore the subject than a man would. I feel like it was a guy who wrote this, he would be in trouble with people thinking it's all about him," she says. "Though in my case, I've had someone ask already if it's someone that I've dated. It just shows how we think about men and women, and our relationship with the world."

Sue Carter is the editor at Quill & Quire magazine.



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Advice to parents: Let your kids eat some dirt

INTERVIEW

Author urges us to ditch the hand sanitizer for better health

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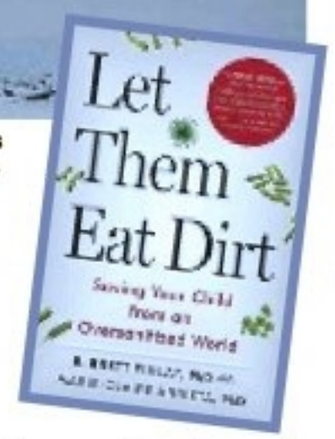

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TORSTAR NEWS SERVICE

ANN PATCHETT

The fraught reality of writing your family

Ann Patchett admits her work has always been somewhat informed by her personal life and her bestselling novel Commonwealth is no different.

A bottle of gin, a stolen kiss and a tragic death are catalysts that drive the plot of Patchett's seventh novel, which hit bookshelves in September.

L.A. district attorney Bert Cousins shows up uninvited at a christening party for Franny Keating, bearing the inappropriate gift of a large bottle of gin. Before the gathering is over, Bert kisses Franny's beautiful mother Beverly, precipitating an affair that results in the breakup of their marriages.

The book follows the Cousins and Keating families over five decades as they deal with the fallout of these events and learn to move on.

Patchett acknowledges there are some autobiographical elements in Commonwealth (HarperCollins Canada).

Ann Patchett. CONTRIBUTED

"Anybody who spent five minutes researching my life could figure out that there were similarities between my circumstances and the people in this book," she says. "All I can say is, I think all of my books are about my family. It's just I dressed the other ones up a lot more."

The 52-year-old writer, who won the Orange Prize for Fiction and the PEN/Faulkner Award for Fiction for Bel Canto, says she's always been careful not to write anything that would make her loved ones uncomfortable.

But in not writing about the lives of her family she was also not writing about her own life. In order not to tread on anyone's toes, she talked to family members before starting the novel and during writing. And she sent everyone a copy of the finished manuscript.

THE CANADIAN PRESS

Cooking with Freddie Prinze Jr.

FOOD

Popular '90s actor welcomes you into his kitchen

If Freddie Prinze Jr. hadn't become a '90s heartthrob actor, he might have been a chef.

In his new cookbook, Back to the Kitchen, Prinze writes that he learned about cooking from his mom, who raised him alone. His father Freddie Prinze, a comedian and actor, died from a self-inflicted gunshot wound — ruled by courts to be accidental — when he was just 10 months old.

"When I graduated from high school and was getting ready move to California to follow in my father's footsteps and take over the family business (acting!), my mom had encouraged (insisted!) that I attend cooking school as a backup plan," writes Prinze, 40, in the introduction.

He was set to attend Le Cordon Bleu College of Culinary Arts-Pasadena, when he landed an acting gig. He went on to star in films such as I Know What You Did Last Summer, She's All That and Scooby-Doo, skyrocketing to stardom.

In 2002, Prinze married actress Sarah Michelle Gellar, best known for her lead role in the Buffy the Vampire Slayer TV series. After the birth of the couple's two children, Charlotte, now 5, and Rocky, 3, his leading role became stay-at-home dad — and family chef.

"I know I've been entirely spoiled having Freddie in my kitchen for the last 15 years," writes Gellar in the foreword to the cookbook. "I can honestly tell you I have, more than once, sampled every meal in this book."

Back to the Kitchen is co-written with food writer Rachel Wharton. TORSTAR NEWS SERVICE

> **The 'Try It Ten Times' rule ... is always in effect in my house. Or ... just serve this and lie.**
> Freddie Prinze Jr. on zucchini

Freddie Prinze Jr. with his wife Sarah Michelle Gellar, and kids Charlotte and Rocky. COURTESY ELLEN SILVERMAN

RECIPE

Zucchini Parmigiana

Ingredients:

- 1 cup white flour
- 2 large eggs, beaten
- 1-1/2 cups bread crumbs
- 1 tsp sea salt
- 1 tsp ground black pepper
- 4 small zucchini
- 4 cups canola oil
- 3 cups marinara sauce
- 2-1/4 cups shredded cheese
- 2 cups fresh grated parmesan

Directions:

1. Line a baking sheet with wax paper and a second with paper towel. Place flour on a plate, eggs in shallow bowl, and bread crumbs mixed with salt and pepper on a plate.
2. Cut zucchini in halves lengthwise. Dredge zucchini pieces in flour, then dunk in eggs then roll in a layer of bread crumbs. Place on parchment lined baking sheet.
3. In a Dutch oven on the stovetop, heat 2 inches of oil over medium until it reaches 350 F. In batches of two, submerge zucchini in oil, until bread crumbs are golden brown, about 2 or 3 minutes.
4. Spread marinara sauce over bottom of a 9 X 13-inch baking pan. Lay zucchini side by side cut side up. Sprinkle cheese.
5. Bake at 350 F about 30 minutes. Let sit for 5 minutes.

GOSSIP

Robbery 'a wake up call'

Khloe Kardashian is calling her sister's robbery in Paris "a wake up call for everybody" but is pushing back against criticism that Kim Kardashian West had been too public in displaying her wealth.

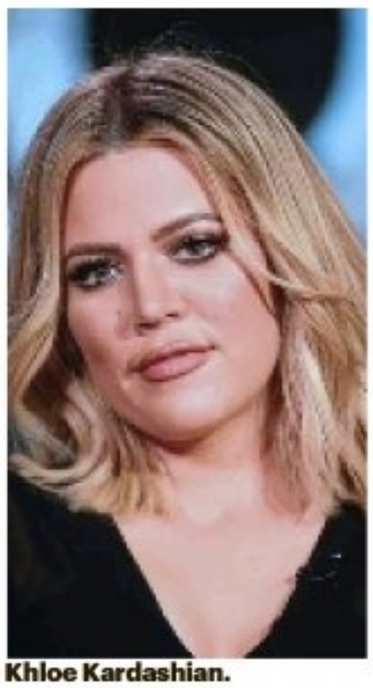
"Pulling back on social media I think is a personal choice ... No matter what you post or don't post ... That shouldn't give someone a reason to feel like they could do anything like that to you," she said in an interview Tuesday. "But we definitely are just being more aware and I think just making changes to our lives."

Armed robbers forced their way into West's hotel room, tied her up and locked her in a bathroom before making off with more than $10 million worth of jewelry.

Khloe Kardashian, 32, said the Oct. 3 robbery was "an incredibly traumatic experience for Kim and she's definitely taking some well needed and much deserved time off."

She said she isn't sure when Kardashian West, 35, would make another public appearance, but she batted down rumours that her sister would be leaving the family's reality series Keeping Up With the Kardashians.

Kardashian made the comments while promoting her new fall denim line Good American with co-designer Emma Grede.



Khloe Kardashian. GETTY IMAGES

She said she agreed to partner up with Grede to design the brand for the curvy woman. The jeans range in size from zero to 24.

"I was always body shamed, and that was something that was super important to me to really teach girls to love themselves and love their bodies," said Kardashian, who has publicly chronicled her issues with weight.

THE ASSOCIATED PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Flashback delivers the goods

THE SHOW: Scandal, S1, E6 (City/ABC/Netflix)
THE MOMENT: The Hot Flashback

In a flashback, we witness the moment Washington D.C. fixer Olivia Pope (Kerry Washington) and U.S. presidential candidate Fitzgerald Grant (Tony Goldwyn) fall in lust. He fired her because she called his marriage cold. Now he chases her down a hall to take it back.

"I am brilliant," she protests. "You would be lucky to have me. Just because you don't like hearing the truth about yourself –"

He cuts her off. "I loved hearing what you had to say," he murmurs. "I would be lucky to… have you." He gazes into her huge brown eyes. Time stops. He steps back.

"This is why you fired me," she pants.

Whoo-ey! Why hasn't anyone written about what delirious, ridiculous fun this series is?

I'm kidding, of course; I'm just extremely late to this party. To quote Geena Davis after Brad Pitt rocks her socks in Thelma and Louise: Now I understand what all the fuss is about.

The white coat! The striding down corridors of power! The effortless way Pope's elite team breaks into any house/computer/office and finds exactly the right clue everyone else has missed!

Just when you're thinking, "Whatever began this lurking passion between Olivia and Fitz better be good" – bingo! A steamy sex scene arrives that delivers on every promise. Sure, it's lifted directly from Steven Soderbergh's film Out of Sight. But it's so stuffed with hungry gazing and bosom-heaving that no one cares.

No wonder ABC simply hands all their money to series creator Shonda Rhimes. I would, too.

Fitzgerald Grant (Tony Goldwyn) and Olivia Pope (Kerry Washington) in a flashback. HANDOUT

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

metro HOME

Your essential daily news

Shadow 2117-30 is Benjamin Moore's Colour of the Year for 2017

MEET THE CONDO

CONTRIBUTED

NEED TO KNOW

What: The City of Lougheed
Developer: Shape Properties
Designer: Shape Living Interior Design
Location: Burnaby
Building: Highrise condos
Sizes: From 555 square feet to 1,250 square feet
Model: One, two and three bedroom homes
Pricing: Starting from $329,900
Status: Pre-viewing from 12 p.m. to 6 p.m. daily
Occupancy: Late 2020/ early 2021 (first tower)
Sales centre: 9850 Austin Rd., Burnaby (Lougheed Shopping Centre)
Phone: 604-328-7128
Website: thecityoflougheed.com

Project overview

The City of Lougheed is 40 acres in the prime Burnaby location of Lougheed. In the coming years it will complete more than 23 highrise towers and create multiple diverse neighbourhoods with shopping and restaurants. The City is inspired by world-class cities and features more than 500 homes starting at $329,900.

Housing amenities

Homes include large balconies, ceilings more than eight feet high, gourmet L-shaped kitchens with European cabinetry, integrated Bosch appliances and side-by-side laundry. Private storage space and a minimum of one secured underground parking space are also included. The First Neighbourhood will feature an 18,000 square-foot indoor/outdoor facility.

Location and transit

Located at the centre of Metro Vancouver, this area is positioned to become the largest and most central transit hub in the region. Nestled between the Millennium Line and future Evergreen Line Extension, as well as major car thoroughfares, direct-route buses and pedestrian and bike routes, residents will have immediate access to all corners of Metro Vancouver.

In the neighbourhood

The City of Lougheed will feature multiple diverse neighbourhoods including a lifestyle grocer in the First Neighbourhood, as well as a planned mix of amenities and conveniences. Pedestrian-friendly high streets and landscaped boulevards will spill out into public plazas with lush park spaces, active retail storefronts and events all year long.

TRENDS

Get outta here, glimmer! It's matte's turn to shine

Take a look through the fall decor catalogues or browse the aisles of furnishings stores and you'll see a recurring theme: matte finishes.

"Matte is having a moment right now," says Donna Garlough, Joss & Main's style director. "Especially in white, black, chalky greys and pastels. It works because accents and lighting in a matte finish pair so naturally with some of the furniture trends we're seeing."

The velvety, non-glossy sheens offset the natural walnut tones and satiny surface of mid-century wood furniture. And they offer a dramatic contrast to glam elements like burnished and polished metals, clear acrylic, and high- and medium-nap textiles.

"A matte piece can be very grounding, and neutralize the look," Garlough says.

Manufacturers are using a range of techniques, like lime washes, eggshell paints, powder-coating and ceramic firing. When honed instead of highly polished, marble, stone and other materials develop a soft matte glow.

Spanish design shop Mermelada Estudio's spare, linear Alchemy bed frame at CB2, in matte black, is a backdrop for linens of any style. Joss & Main's Elizabeth floor lamp is cast in matte black steel, giving its slim profile a bit of an industrial look.

Lumisource's matte black Austin dining chairs also have an industrial vibe, and would complement a rustic farm table. Or you could pair them with a dining table with mid-century panache, like the Aeon, a satin-finished ash slab on matte, powder-coated steel legs.

Pottery looks especially chic in matte finishes. Check out CB2's Roz planter in cream or deep taupe, as well as the Hendricks vase, with a crisp, white, faceted motif.

Room and Board has an exclusive collection of porcelain vases crafted by New York's KleinReid Studio, based on Hungarian ceramicist Eva Zeisel's modernist designs. Her curvy vessels, rendered in matte grey, carbon and ivory, might adorn a tablescape or mantel.

At Hive Modern, Swedish designer Clara von Zweigbergk's Cirque pendant lamps were inspired by her trip to Copenhagen's Tivoli district.

Bands of spun aluminum in matte hues suggest playful carousels, cotton candy makers and wheels of fortune. Jean-Marie Massaud's Namaste free-form melamine plates resemble flat stones, and come in earthy hues.

THE ASSOCIATED PRESS

Swedish designer Clara von Zweigbergk's Cirque pendant light. HANDOUT

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01
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02
TRANSIT & LOCATION:
A convenient, central location with on-site access to the Millennium or Evergreen SkyTrain lines, direct-route buses and more.

03
SHOPPING, DINING & CULTURE:
New retail and dining will be part of The City of Lougheed, including 300+ shops and a diverse array of restaurants.

04
LANDSCAPING & GREENERY:
Relax in The City of Lougheed's 1.6-acre central park, jog along the northern greenbelt, play in the pocket parks or stroll its many landscaped boulevards.

05
SERVICE & SECURITY:
Experience a level of investment security seen nowhere else, including on-site, round-the-clock concierge, valet, landscapers and security personnel.

06
HOMES & DESIGN:
Shape brings elevated standards with floorplans and features that showcase the best in intelligent living.

07
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Enjoy a remarkable, state-of-the-art recreational facility with 18,000 sq. ft. of indoor/outdoor space to socialize, exercise or entertain friends in style.

08
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Back to black

Black accents paired with a softer colour give a room a polished look and are great for those who can't deal with the drama of a full dark walls. ISTOCK

COLOUR

Don't be intimidated by this strong shade

Glen Peloso
For Torstar News Service

Let's face it — every colour suffers a little from black envy.

A discussion of colour will eventually conjure up the comment that something has become "the new black." However, there's never a replacement needed. Black is an extraordinary colour, or lack thereof, which requires no new version and is, essentially, needed in every room design in one way, shape or form.

Here are five great ways to introduce an element of this classic tone into your space, ranging from the subtle to the dramatic:

Walls

People are often frightened by the suggestion of a black wall colour or wallpaper. Typically, people associate black with darkness.

Conversely, we like to think of it as a rich, deep colour. From a design perspective, darkness refers to poor light levels that can be rectified relatively easily. Black walls make for a dramatic room and works well with mixed metals. The effect is a dramatic, high-design room.

Trim

The standard look is coloured walls and white trim. The white is usually a builder's easy choice, as the trim stock comes with a white "primer" already applied.

But that doesn't make it the only choice. The one rule of trim is it should be a consistent colour throughout the house. Black trim can look brilliant, similar to a kohl eyeliner, framing the walls and the room.

Furniture

Black is an amazing colour for upholstered furniture and pieces that are a combination of fabric and wood frames. Traditional pieces, such as a Louis IV or bergère chair, can be wonderfully updated by painting its frames black to feature the silhouettes of the extraordinary designs.

Dining tables or side tables painted black also work in any room and with any colour scheme.

Accents

Not everyone is prepared to go with — or is comfortable with the drama of — black. It does require more attention and maintenance, largely because things such as dust and dirt particles show up more vividly on black.

The colour can be used beautifully in details such as backsplashes, lamp shades and wrought iron, or sometimes just in the piping detail on a sofa or chair.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com and follow him on Twitter at @peloso1.

ACCESSORIES

Every room needs some elements of black, even in a beach house purposely layered in whites.

Once you open your mind to it, the possibilities are endless: from black wall clocks to umbrella stands, statues, vases, trays, floor mats, toss cushions and so on.

Black can act either as a visual break from colour, like a rest in music, or as a focal point in a room.

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Crafts that scream cute, not scare

These black birds and painted pumpkins take a little time, but they're worth it. For a quick decor fix, just draw a jack-o'-lantern face on some veggies. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

DIY

Because not everyone likes being terrified or grossed out

Not everyone loves a spooky Halloween. Sometimes the scary skeletons and bloody limbs can be too macabre for the littlest trick or treaters.

Here are three not-so-spooky Halloween ideas that are more fun and festive rather than creepy and terrifying.

More adorable than frightful, these DIYs are a playful take on Halloween and are (mostly) made from items you probably have around your house.

1 A no-carve painted pumpkin menagerie

Woodland creatures make adorable, unconventional pumpkins. All that's required is paint, felt and your imagination to turn pumpkins of any size into a darling menagerie. We created a fox, owl, raccoon and bat.

You'll need:
- You'll need:
- Pumpkins
- Acrylic paint
- Paintbrush
- Felt
- Scissors
- Craft paper
- Glue gun

To make the fox, paint a face on the pumpkin. Use scissors to cut out the shapes of the ears and tail, and then add accents with paint. Let dry.

Use a glue gun to attach the paper ears and tail to the pumpkin.

2 The birds

Turn a dark and eerie flock of dollar-store birds into a festive little gathering of feathered friends. Just add party hats and these birds are ready for some Halloween shenanigans.

You'll need:
- Fake birds
- Decorative paper
- Miniature pom poms
- Glue gun
- Double sided tape (optional)

To make a party hat, make a cone shape out of decorative paper, using glue or double-sided tape to hold the cone together.

Glue the pom pom to the tip of the hat. Let dry. Apply a thin layer of hot glue to the bottom edge of the cone. Place the cone on the bird's head. Let dry.

To make the owl, paint a white face on the pumpkin. Using felt cut out circles for the eyes and a triangle for the nose. Attach felt pieces using a glue gun.

IDEAS

Add a party hat and a fun bow tie to a bony skeleton or a plastic rat, or use a marker to draw jack-o'-lantern faces on balloons.

For the bat, paint the pumpkin using grey paint. Let dry. Cut out a set of wings, eyes, mouth and fangs using felt. Add accents to the eyes and fangs with paint. Use a glue gun to attach the pieces of felt to the pumpkin.

To make the raccoon, paint the pumpkin grey. Let dry. Cut out a pair of ears, eyes and a nose from felt. Cut out a tail from paper. Add accents to the felt and paper using paint. Use a glue gun to attach the pieces to the pumpkin.

3 Funny face veggies

A fun alternative to the typical jack-o'-lantern: Draw faces on your veggies! We used an edible marker purchased from a bakery supply store to draw ours. You can also find them at craft stores and cake decorating boutiques.

You'll need:
- Assorted vegetables (light-coloured and firm-fleshed varieties work best)
- Edible ink markers (made from food colouring)

Before drawing on the vegetables, make sure they are dry and at room temperature. This will reduce sweating and prevent the ink from dripping or running. TORSTAR NEWS SERVICE

metro SPORTS

Despite 19 C temperatures, MLB decided to keep the Rogers Centre roof closed for Game 5 to have "even conditions for everybody"

The Jays' emotional end

Bruce Arthur

Fast forward to the end, to the beginning. In the last inning of this Toronto Blue Jays season we got one last look at the heart of it all. Jose Bautista. Josh Donaldson. Edwin Encarnacion. This was the last stand. The crowd stood and they chanted for them: "Jose, Jose-Jose-Jose!" "M-V-P! M-V-P!" "Ed-die! Ed-die!"

That moment meant something. It all did.

"The thing I feel really proud of is the fans chanting my name," said Encarnacion after the Jays lost 3-0 to Cleveland, and lost the American League Championship Series 4-1. "Maybe that gave me too much energy, trying to do too much, and it didn't work out."

These past two years have been emotional. For over two decades the Blue Jays were the picture of mediocrity. They didn't really matter. Then last season they rocketed to within two games of the World Series. They took this town and this country on a ride.

This year was stranger, with a new front office and an uncertain future.

They scratched and clawed their way to Cleveland which had two starting pitchers. Cleveland started Ryan Merritt Wednesday, a 24-year-old who had thrown 11 big-league innings before shutting out Toronto for 4-1/3. Cleveland scored 12 runs in five games and won the series.

"This is one of those things where we'll always look back and wonder what if?" said designated hitter Michael Saunders. He is a free agent, along with Bautista and Encarnacion. But the latter two big bats are the topic of the moment.

GAME 5 In Toronto

3	0
C	TORONTO BLUE JAYS

"Do I wish that they'd come back? Of course, man. These guys are awesome," said catcher Russell Martin.

The 33-year-old Encarnacion reiterated Toronto is his first choice.

"To be honest, I'm really sad, because I don't know what's going to happen next," Encarnacion said through his translator Josue Peley. "But overall I feel really proud about the fans and the organization."

He might be back. Bautista did not want to discuss his future on his 36th birthday. He ripped a stand-up double down the line against Cleveland closer Cody Allen in the ninth, but Donaldson, who hit .417 in the post-season, struck out on three pitches. Encarnacion came to the plate, heard the sound, and the emotion welled in him as he struck out.

Troy Tulowitzki popped out to end it. Bautista didn't get as emotional as Edwin — he has never been — but he heard them chanting.

"That was nice to see," said Bautista. "It's great. I used to see specks of it here and there on Opening Days and Canada Days, and you knew the potential was there, but nobody wants to root for a loser. Obviously, now that we're playing better, it's to be expected from our fans."

Last season, the Jays fell in Kansas City, and they were angry. This time, it was just over.

We will now find out what kind of vision and creativity and ambition Mark Shapiro has. Can he sign Edwin? Can he replace Jose? Will it be better, or more fun? Who knows?

But we'll always look back with fondness on the Jays teams that made people care again, that brought out so much emotion. It was nice, you know. It was nice when this franchise finally tried to do too much.

Bruce Arthur is a sports columnist with the Toronto Star

Jose Bautista consoles Edwin Encarnacion after the Blue Jays were dealt a death blow by Cleveland on Wednesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

NHL

Laine outshines top pick Matthews

Rookie Patrik Laine scored a hat trick, including the winner at 2:40 of overtime, as the Winnipeg Jets overcame a four-goal deficit on Wednesday to beat the Toronto Maple Leafs 5-4.

Laine scored the winner right after Leafs rookie Auston Matthews was stopped by Winnipeg goaltender Michael Hutchinson at the other end of the ice.

Laine's hat trick gives him four goals and one assist in four games so far this season. THE CANADIAN PRESS

Patrik Laine's third goal on Wednesday earned the Jets an overtime victory. JOHN WOODS/THE CANADIAN PRESS

IN BRIEF

UFC lays off Canadian staff ahead of Toronto card

The Ultimate Fighting Championship laid off several employees from its Canadian office Wednesday morning, including president of Canadian operations Tom Wright.

Reached at his office, Wright confirmed he was no longer with the UFC but couldn't comment further.

The move comes seven weeks before UFC 206, the organization's first Toronto event in more than three years. TORSTAR NEWS SERVICE

Ticats star suspended

The Hamilton Tiger-Cats will be without star receiver/kick-returner Brandon Banks for their crucial East Division showdown Friday night with the Ottawa Redblacks.

Banks was suspended for two games Wednesday for violating the CFL's drug policy. According to the league, Banks tested positive for methylenedioxyamphetamine, a psychedelic hallucinogenic drug also known as MDA. THE CANADIAN PRESS

MLB PLAYOFFS

Cubs storm back to even NLCS at 2-2

Anthony Rizzo, Addison Russell and the rest of the Chicago Cubs' bats broke out in a big way.

Rizzo homered and ended a post-season slump with three RBIs, Russell's two-run drive highlighted a four-run fourth that stopped Chicago's 21-inning scoreless streak, and the Cubs routed the Los Angeles Dodgers 10-2 on Wednesday to even the NL Championship Series at 2-2.

Kenta Maeda is set to start for the Dodgers in Game 5 on Thursday against Jon Lester.

GAME 4 In Los Angeles

10	2
CUBS	DODGERS

Following consecutive shutout losses, the Cubs rapped out 13 hits on an 80-degree night with the warm Santa Ana winds fluttering the flags in centre field. THE ASSOCIATED PRESS

No regrets over sideline flare up

NFL

Sherman had argument with coaches during Seahawks win

Richard Sherman felt no need to apologize.

The Seattle Seahawks cornerback said Wednesday that he has no regrets about his angry sideline tirade during the Atlanta game that has become as much a part of the conversation as the Seahawks sitting at 4-1 for their game this Sunday at division rival Arizona.

"Nope, nothing at all," Sherman said. Sherman's eruption in the win over the Falcons was a rare public display of strife among players and coaches. It took teammates Bobby Wagner, Kam Chancellor and Michael Bennett to finally calm Sherman.

But what became clear since the tirade are the events that led to Sherman's outburst. There was a miscommunication between Sherman and backup safety Kelcie McCray that led to two different coverages being played and leaving Julio Jones uncovered down the sideline for a 36-yard touchdown.

Sherman was livid, although initially it was difficult to see what set him off other than the Seahawks blowing coverage and giving up an easy touchdown.

Richard Sherman. GETTY IMAGES

Footage released Tuesday and broadcast on Inside the NFL showed defensive co-ordinator Kris Richard and Sherman shouting at each other as the defence came off the field.

Sherman's anger ramped up after that, leading to sideline confrontations with coaches and teammates that took nearly the entire third quarter to simmer down.

Sherman said he has talked with Richard about what happened. "There wasn't much of a need. We've had a conversation but nothing outside of the norm. I think everything is pretty much understood," Sherman said.

Sherman's anger did have a lingering effect. Atlanta scored touchdowns on its next two possessions — including another long TD on an apparent blown coverage.

The Seahawks recovered in the fourth quarter. Atlanta was held to 24 total yards and Sherman had a hand — literally — in the key turnover when Matt Ryan's pass slipped through Jones' hands, was batted in the air by Sherman and was intercepted by Earl Thomas.

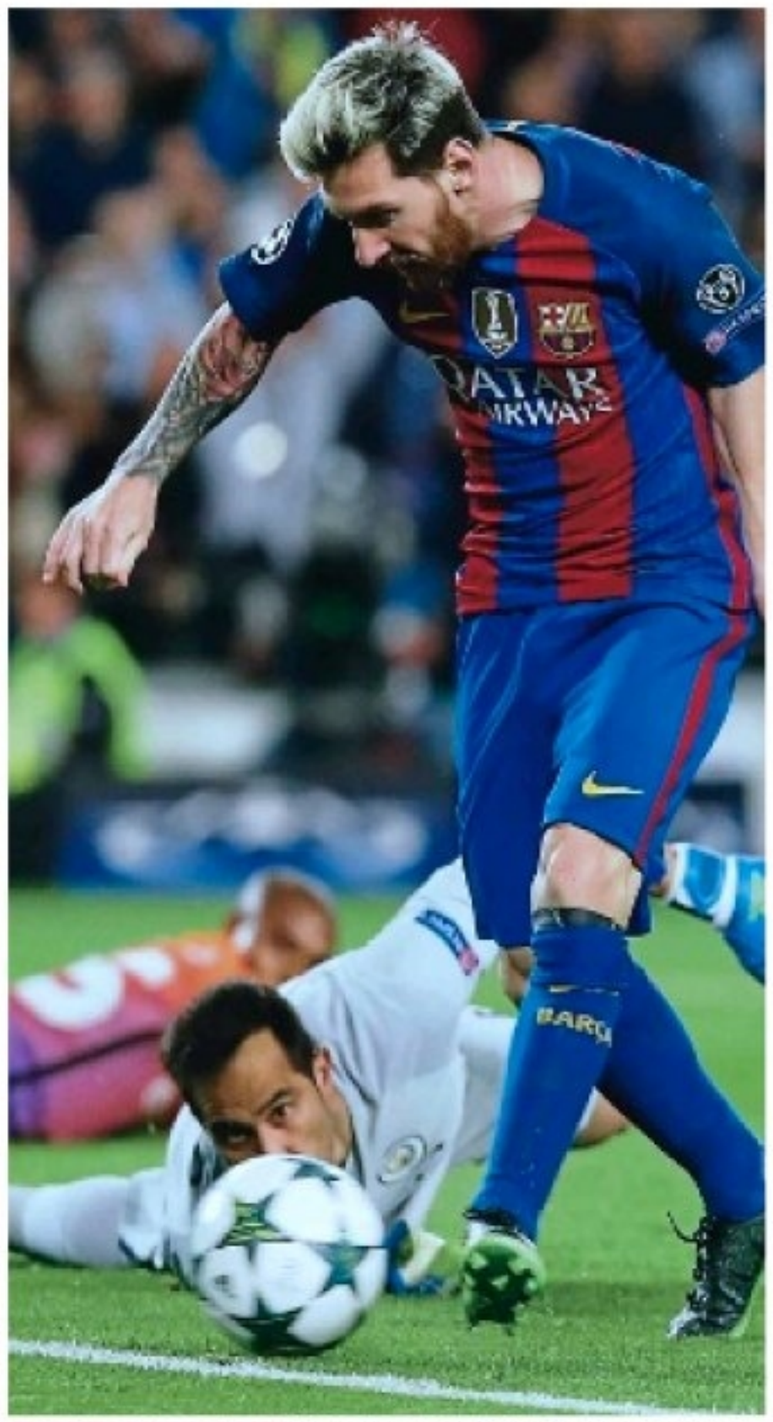
THE ASSOCIATED PRESS

TEAM NEWS

The Seattle Seahawks remain uncertain whether strong safety Kam Chancellor will be able to play Sunday against Arizona.

Coach Pete Carroll said Wednesday that Chancellor remained day-to-day, but the Seahawks' big safety did not practice later in the day. Chancellor suffered a groin injury last week during practice and missed last Sunday's win over Atlanta. If Chancellor can't go, Kelcie McCray would likely get his second straight start.

THE ASSOCIATED PRESS



CHAMPIONS LEAGUE MESSI DOES THE TRICK FOR BARCA Barcelona's Argentinian forward Lionel Messi scores past Manchester City goalkeeper Claudio Bravo. Ex Barca player and boss Pep Guardiola returned to the Nou Camp as manager of City but his team were thrashed 4-0 with Messi scoring a hat-trick. PAU BARRENA/AFP/GETTY IMAGES

COURT

Rose not guilty of raping ex

Jurors cleared NBA star Derrick Rose and two friends Wednesday in a lawsuit that accused them of gang raping his ex-girlfriend when she was incapacitated from drugs or alcohol.

The jury reached the verdict in federal court in Los Angeles after hearing dramatically different accounts of the August 2013 sexual encounter.

Rose says he's thankful that the jury rejected the lawsuit.

He said in a statement that it was important to prove he did not do what he was accused of, even though he had to share private details of his personal life.

"I am thankful that the jury understood and agreed with me," his statement said. "This experience and my sensitivity to it was deep."

THE ASSOCIATED PRESS

Derrick Rose leaving court in LA. NICK UT/THE ASSOCIATED PRESS

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RECIPE Tuna Casserole

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We love food classics and a tuna casserole tops the list, as it's equal parts easy and comforting.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 6

Ingredients
- 500g package of whole wheat penne or macaroni
- 1 Tbsp olive oil
- 3 cups cremini mushrooms, thinly sliced
- 1 leek, cleaned well and thinly sliced
- 3 Tbsp flour
- 2 cups milk
- 1 Tbsp Dijon mustard
- 1 cup frozen peas
- 1 Tbsp dried thyme
- 3 cans good quality tuna, drained and rinsed
- 1 1/2 cups Gruyere, grated

Directions

1. Cook pasta 2 minutes less than package instructions and drain.

2. In a large pan with olive oil, sauté mushroom and leeks until they begin to soften, about 5 minutes. Sprinkle flour over mushrooms and leeks, stir and cook for 1 minute. Whisk in milk and allow to thicken, 3 to 5 minutes. Stir in mustard and season with salt and pepper after tasting. Add the tuna, frozen peas and thyme.

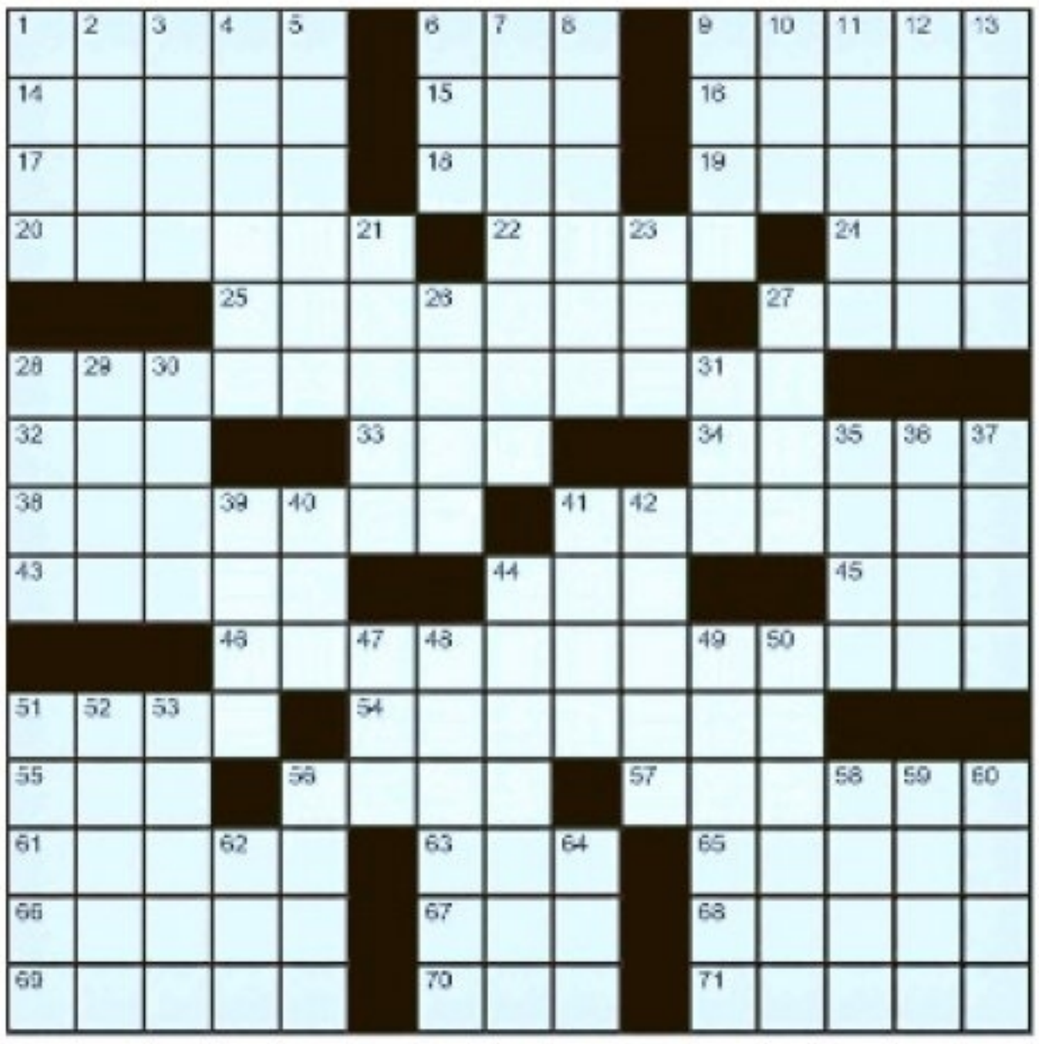
3. Add cooked pasta to the tuna mixture, stir and turn off heat.

4. Pour the mixture into a casserole. Sprinkle cheese over top and pop into the oven and broil for 3 to 5 minutes or until the cheese bubbles and turns brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Symbolic pole
6. Stealing bird
9. Jumbo
14. Windy City airport
15. Tavern stock
16. Arm joint
17. Greased
18. Prior
19. Unaccompanied
20. Chekov's portrayer on "Star Trek", Walter __
22. Ended
24. 1960s singer Bobby
25. NOAA... US agcy. that tracks hurricanes, National __ and Atmospheric Administration
27. Taken back [abbr.]
28. Hit by 2016 CMT Artist of a Lifetime honouree Shania Twain that goes: "He can have a '55 Chevy / Or a fancy little pick-up truck...": 4 wds.
32. Bird of Minerva
33. Circular mug part
34. Greek mythology shield
38. Invalidated
41. Box-opening woman of ancient Greek myth
43. Jack-in-the-deck
44. Heel
45. Impede, __ down
46. Shania Twain hit that goes "And I can be late for a date that's fine...": 4 wds.
51. "Piano Man" Billy
54. Tony Orlando's forest favourite: 2 wds.
55. &
56. Lodging of lore
57. Not wide
61. Violinist Mr. Stern
63. Ms. Thurman
65. Gradient
66. Release: 2 wds.
67. '_' _ for Alberta
68. Breakfast cereal brand
69. Jan __ (Dutch painter)
70. Caesar's 61
71. Hold off

DOWN
1. Selected
2. Toledo's locale
3. Narrative
4. Prior to this time, poetically
5. Renaissance family of influence
6. Chip __
7. RCMP, for one
8. Beetle sort
9. Equipment
10. __-defined
11. Overhead
12. Musical group of nine
13. Fall fashions fabric
21. Style of song
23. Green
26. In the thick of
27. Marsh plant
28. Part of NYC
29. Luke's actor brother
30. Sea lettuce
31. Vehicle variety
35. Mongolian desert
36. Atomic Number 26
37. __ advice
39. Shape of Rachael Ray's pot she uses to cook spaghetti noodles
40. Barbie and __
41. Out-of-breath runner's reaction
42. Decorate
44. Betty Crocker product: 2 wds.
47. Poetically far
48. User's reference
49. Banquets
50. Bordeaux grape/wine
51. Law enforcement lock ups
52. Beginning
53. _-_ (Online appointment, say)
56. Computer symbol
58. Movies composer Nino
59. October birthstone
60. Healthy
62. Time period
64. "__ recall..."

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Do everything you can to avoid family arguments today, because they will be aggressive and nasty. Forewarned is forearmed..

Taurus April 21 - May 21
People are argumentative today. However, it mostly will be a battle of egos. You don't need to get involved in this. Save your breath and your peace of mind.

Gemini May 22 - June 21
Disputes about money or possessions might arise today. This is a poor day to engage in these discussions, because there will be a lot of conflict and nothing will be resolved.

Cancer June 22 - July 23
Avoid bullies today. This is the kind of day where someone wants to throw his or her weight around. Be particularly patient with partners and close friends.

Leo July 24 - Aug. 23
Someone behind the scenes might be working against your best interests today. If you think something fishy is going on — it is! Watch your step.

Virgo Aug. 24 - Sept. 23
You might have an argument with a friend today, especially a female friend. Or you might have a disagreement with anyone. Try to postpone these discussions for another day.

Libra Sept. 24 - Oct. 23
Quarrels with authority figures — bosses, parents, teachers, VIPs and the police — will not be pleasant today. Knowing this ahead of time, you can skirt this. Give your boss a wide berth.

Scorpio Oct. 24 - Nov. 22
Avoid controversial subjects like politics, religion and racial issues today, because they quickly will turn nasty. You don't need this. Take the high road and ignore these conversations.

Sagittarius Nov. 23 - Dec. 21
Don't be tempted to debate about shared property, inheritances, taxes and debt today. This is a poor day for arguments because people just want to fight. Yikes!

Capricorn Dec. 22 - Jan. 20
Today the Moon is opposite your sign, which means you have to go more than halfway when dealing with others. The minute trouble starts, be ready to compromise.

Aquarius Jan. 21 - Feb. 19
Relations with co-workers will be testy today. Don't make an issue about anything. Sometimes you have to lose a battle to win the war.

Pisces
Feb. 20 - March 20
Parents must be patient with kids today. Hissy fits and meltdowns are par for the course. Everyone has frayed tempers today. Easy does it. Demonstrate grace under pressure.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9				1		
			8		3			

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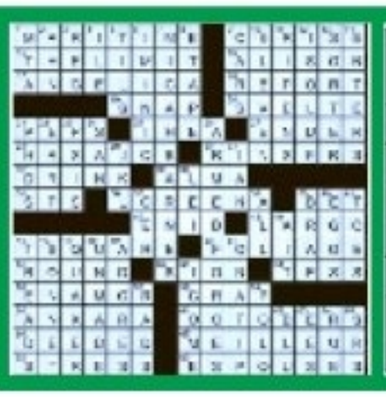

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5	9	8	1	7	2	4	3	6
3	2	6	5	4	9	7	1	8
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9	8	5	7	6	1	2	4	3
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